## Claims

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- 1. A method for treating a metal comprising subjecting the metal to electrolysis in the presence of an electrolyte using alternating pulses of voltage and/or current, said alternating pulses being of opposite polarity, wherein if the electrolyte is an aqueous electrolyte it is an aqueous solution of a salt selected from the group consisting of alkali metal salts, alkali earth metal salts, aluminium salts and ammonium salts.
- 2. A method according to claim 1, wherein the metal is austenitic stainless steel.
- 15 3. A method according to claim 1 or claim 2, wherein the electrolyte contains nitrogen.
  - 4. A method according to claim 3, wherein the electrolyte is an aqueous solution of a nitrogen-containing salt.
  - 5. A method according to claim 4, wherein the electrolyte is an aqueous nitrite solution.
- 6. A method according to claim 5, wherein the electrolyte25 is aqueous sodium nitrite.
  - 7. A method according to claim 1, wherein the alternating pulses have waveform selected from the group consisting of sinnusoial waveforms and square waveforms.
  - 8. A method according to claim 1, which further comprises, after electrolysis, heat treatment of the metal.
- 9. A method according to claim 1, wherein the metal to be 35 treated is in the form of a metal article or a part of a metal article for use in an environment in which it will be exposed to tribological activity.

- 10. A method according to claim 1, wherein the metal to be treated is for use as a moving part in an apparatus.
- 11. A method according to claim 1, which is carried out in situ on apparatus selected from the group consisting of engineering equipment and storage tanks.
  - 12. A metal or metal article which has been subjected to a method as defined in claim 1.
  - 13. Use of a method as defined in claim 1, to improve the resistance of austenitic stainless steel to mechanical degradation.
- 15 14. Use of a method as defined in claim 1, to remove or transform martensite from austenitic stainless steel.

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